



# Don't Worry: Be Afraid

**PROVERBS**  
THE ROAD LESS TRAVELED.

# Counterintuitive truths:

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- To have free space in our lives, we need structure.
- Those who are strong are most able to express vulnerability.
- Exercising when we are tired gives us energy.
- *To be less anxious and worried, be more afraid.*

**Our fear of circumstances and people  
makes life miserable.**

## Proverbs 12:25

25 Anxiety in a man's heart weighs him down,  
but a good word makes him glad.



## Proverbs 29:25

25 The fear of man lays a snare,  
but whoever trusts in the LORD is safe.

**Lots that can cause fear:**

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**Our fear of circumstances and people is  
rooted in our not having control.**



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**Our fear of not having control reveals how much we trust God.**

# The Truth About God:



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- God loves us

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- **God is working for our good**

# Jonathan Edwards – God's Small and Big Lens

Faith, trust, is having confidence God's big lens exists and that He is accomplishing His purposes.

My very dear child,

What shall I say? A holy and good God has covered us with a dark cloud.

The Lord has done it. He has made me adore his goodness, that we had him so long. But my God lives; and he has my heart.

O what a legacy my husband, and your father, has left us! We are all given to God; and there I am, and love to be.

Your ever affectionate mother,  
Sarah Edwards

# The Truth About God – The Big Lens

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**Our fear of God will diminish our fear of everything and everyone else.**

## Proverbs 9:10

<sup>10</sup> The fear of the LORD is the beginning of wisdom,  
and the knowledge of the Holy One is insight.

## Proverbs 14:26

26 In the fear of the LORD one has strong confidence,  
and his children will have a refuge.

## Proverbs 19:23

23 The fear of the LORD leads to life,  
and whoever has it rests satisfied;  
he will not be visited by harm.

## Proverbs 28:14

14 Blessed is the one who fears the LORD always,  
but whoever hardens his heart will fall into  
calamity.

## Matthew 10:28

28 And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell.



**Growing in our fear of God diminishes our fear of everything and everyone else.**

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**If we want to live with less worry, anxiety and fear, the solution is to grow in our fear of God.**

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- **Diminishing**

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- **Afraid to approach**

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## **Healthy fear of God:**

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- Diminishing
- Afraid to approach

## **Healthy fear of God:**

- **Frightened by His infinite righteousness, holiness and glory**



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- **Afraid of ignoring God**

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- **Awed by God's loving sacrifice**

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- **Drawn irresistibly to God**

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- Frightened by His infinite righteousness, holiness and glory
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- Drawn irresistibly to God
- **Confident God is working for our good.**

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- Walk with someone else on the journey.
- **Share our growing healthy fear of God with others with an unhealthy fear.**